



## 2015 - 2016 Winter Programs

**\* \* ONLINE REGISTRATION BEGINS MONDAY, NOVEMBER 30, 2015 at 9:00am & WALK-IN REGISTRATION BEGINS THURSDAY, DECEMBER 3, 2015 AT THE RECREATION OFFICE (9am – 5pm) \* UNLESS OTHERWISE NOTED \* \***

*Residents Register on first day of Registration, Non-Residents the next day if space available. Online registration included. All services and fees are subject to change.*

The Framingham Parks & Recreation is proud to launch our new activity registration system and website. This program will allow you to streamline the registration process, eliminate repeat registration forms, give the ability to use credit & debit cards, and give you the freedom to register for programs after normal business hours, from home, or on the go!

We encourage you to **Create an Account at [www.framinghamrec.com](http://www.framinghamrec.com)** with all your household information as soon as possible. By doing this, you'll be able to provide us with emergency contacts, allergy/medical information & more so we can serve you better. Please be sure to enter your cell phone number with the carrier so that we can text you with any last minute changes. Please add all of your household members to the account. Your new household account will provide you with registration history, financial history and much more.

All of our programs will be offered in real time and 100% of our spaces are available for all programs (unless otherwise noted) on a first-come, first-served basis. Therefore, programs will only be kept in your 'shopping cart' for a maximum of 15 minutes before they are released for someone else to take advantage of.

You may still come into the office to register for our programs if you prefer, but we will need everyone to create an account. We will have kiosks available for you to do it yourself and staff members will be on hand to walk you through the process. If you do not have time to create your account on-the-spot, a staff member will create it for you and send you your log-in information as well as a confirmation e-mail.

When you're ready to fill out a registration form for **activities**, be sure to review the **How to Register for an Activity** page.

As with any NEW program, we anticipate some glitches. Please be patient. We are all learning.

### PRESCHOOL PROGRAMS

#### **Baby Ballet - Ages 3-5 yrs.**

Tuesdays, February 9 – April 12 (no class on 2/16 & 3/1)

3:30-4:15pm ~ \$68 per child

Class will be held at the Academy Bldg. in Cushing Memorial Park.



#### **Gymnastics I - Ages 2 - 3**

Tuesdays, January 12 – February 23 (no class 2/16)

9:30-10:15am ~ \$68 per child

This class will focus on the fundamentals of gymnastics, creative movement, & flexibility. Emphasis will be on gross motor skill development through cooperative play. Classes will be held at the Academy Building in Cushing Memorial Park.



#### **Gymnastics II - Ages 4 - 5**

Tuesdays, January 12 – February 23 (no class 2/16)

10:30-11:15am ~ \$68 per child

This class will focus on the fundamentals gymnastics, creative and rhythmic movement, & flexibility. Emphasis will be on gross motor skill development by using apparatus and through cooperative play. Classes will be held at the Academy Bldg. in Cushing Mem. Park.



#### **Jam Time Indoor Play Days - Ages Infant – 6 yrs.**

Wednesdays, December 2 – April 26

9:00am – 5:30pm ~ \$7 per child / per visit

Framingham residents get a reduced rate at Jam Time Indoor Play + Enrichment Center all day on Thursdays! Please just show a valid ID! Jam Time is located at 251 West Central Street in Natick, in Natick Crossings next to the Commuter Rail T stop, just over the Framingham town line on Rt. 135.



#### **'Lil Rockers - Ages 2 – 4 yrs.**

Thursdays, January 21 – March 3 (no class 2/18)

10:00am – 10:45am ~ \$68 per child

Get your child moving through dance and music while using unique equipment. Class will be filled with stretches, music, games and activities. Scarves, ribbons, parachutes, musical instruments and much more will help to create gross motor development, self expression and fun! Classes will be held at the Academy Building in Cushing Memorial Park.



#### **Make Your Own Castle - Ages 3 & up**

Tuesdays, January 19 – February 9

11:00am – 12:30pm ~ \$125 per child

Using mod podge, paints, and fabric, students will create a 3-dimensional medieval castle with matching figurines! This will be taken home and yours to keep at the end of the class! Class will be held at Denault Studios, 55 Main Street, Maynard, MA 01754.



#### **Pre-School Playgroups - Ages 2½ – 4 yrs.**

Week of January 6 – Week of March 17 (10 weeks)

Wednesdays for age 2½ yrs. ~ **OR** ~ Thursdays for ages 3 & 4 yrs.

9:45 - 11:15am ~ \$43 per child

Proof of age REQUIRED @ registration! (2 yrs. by 7/1/15)

Teacher-led playgroup. Includes story time, arts & crafts, play time, and more. Parental participation required. Classes held at the Cushing Bldg. in Cushing Memorial Park.



#### **Scientist at Work - Ages 2 – 4**

Fridays, January 22 – March 4 (no class 2/19)

10:00am – 10:45am ~ \$38 per child

Children are naturally curious and ask questions about the world around them. We will teach simple science concepts using familiar materials that will build on the young child's natural interests. Through the class, we will conduct experiments and show cause and effect. Come and join us! Class will be held at the Academy Building in Cushing Mem. Park.



#### **Start Smart Basketball - Ages 3 – 5 yrs.**

Saturdays, January 9 – February 6

9:00 – 10:00am **OR** 10:00 – 11:00am ~ \$58 per child

Class will be held at Potter Rd. Elem. School. Parent MUST participate with child. Children keep their equipment at the end of the program.



#### **Taekwon-Do - Ages 4 – 6 yrs.**

Mondays, January 25 – February 29<sup>th</sup> (no class 2/15)

3:30 - 4:15pm ~ \$78 per child



### YOUTH PROGRAMS

#### **Aikido - Ages 8 – 14 yrs.**

Saturdays, January 9 – February 13

10:15 - 11:15am ~ \$53 per child ~ Martial art system of self-defense.

Classes held at Framingham Aikikai, 61 Fountain St.

#### **43<sup>rd</sup> Annual Basketball Clinic - Grades 4 – 8**

Thursdays, March 3 – April 7

6:00 - 8:00pm ~ \$43 per child

Clinic will be held at Walsh Middle School. Instruction in individual skill development and team play.

**Registration begins on-line Wednesday, February 10<sup>th</sup> at 9:00am.**



#### **BLAST - Babysitter Lessons and Safety Training - Ages 11-15 years**

Thursday, February 18

1:00pm – 4:00pm ~ \$53 per child

You'll learn how to react responsibly to medical emergencies, perform first-aid for common childhood injuries and illnesses, set-up and run your own babysitting business and how to entertain with games & songs. You'll receive an easy-to-follow sitter checklist you can copy for each job and a wallet-sized certificate of completion. Class will be held at the Academy Building in Cushing Memorial Park.



#### **Basketball - Grades 1 – 3 Boys & Girls**

Saturdays, January 9 – February 13

10:30am - Noon **OR** Noon – 1:30pm

\$40 per child ~ Co-ed classes will be held at Stapleton School, and will focus on skill development with some limited team play.



#### **Basketball - Grades 4 – 6 Boys & Girls**

Saturdays, January 9 – February 13

11:15am - 12:45pm (Boys Only) **OR** 12:45 - 2:15pm (Girls Only)

\$40 per child ~ Class will be held at Potter Rd. School, and will focus on skill development with some limited team play.



#### **Beginner Ballet I - Ages 5 – 7 yrs.**

Tuesdays, February 9 – April 12 (no class on 2/16 & 3/1)

4:30 - 5:15pm ~ \$68 per child

It is recommended that children take at least 2 sessions of Beginner Ballet I prior to moving onto Beginner Ballet II by the recommendation of the instructor. Class will be held at the Academy Bldg. at Cushing Memorial Park.



#### **Beginner Ballet II - Ages 6 – 8 yrs.**

Tuesdays, February 9 – April 12 (no class 2/16 & 3/1)

5:30 - 6:15pm ~ \$68 per child

It is recommended that children take at least 2 sessions of Beginner Ballet II prior to moving onto Intermediate Ballet (avail. in the Fall) by the recommendation of the instructor. Class will be held at the Academy Bldg. at Cushing Memorial Park.



#### **Drama Kids - Ages 5 – 11 yrs**

Thursdays, January 14 – March 10 (no class Feb.18)

4:45-5:45pm ~ 8 weeks \$100 per child

ACT UP with PURPOSE! Develop your SPEAKING skills, learn to EXPRESS yourself, build your CONFIDENCE and have FUN! Drama Kids will help your child develop the skills they need to succeed in school and in everyday activities! No experience required...only the willingness to have fun and get creative! We are Drama Kids, we are different from other programs, and the difference is DRAMATIC! Class will be held at the Academy Building in Cushing Memorial Park.

#### **Early Release Day Tennis Clinic - Ages 6-14 yrs.**

Thursdays, February 11 (early release day)

2:15pm – 3:45pm ~ Elementary Age Tennis ~ \$18 per session

1:45pm – 3:00pm ~ Middle School Doubles Clinic ~ \$18 per session

Classes held in the Zip Zone at the Longfellow Club in Wayland

#### **EV3 Robotics - Ages 9-14 yrs.**

Thursdays, January 21 – March 3 (no class Feb 18)

4:30 - 6:00pm ~ 6 classes - \$98 per child.

ATTENTION YOUNG ENGINEERS AND PROGRAMERS! Learn to build a variety of robots using the NXT graphic programming language and the Bricks 4 Kidz model plans. Class will be held at the Microsoft Store in the Natick Mall.

Frozen Science - Ages 5 – 11 yrs

Mondays, February 22 – March 28  
4:00-5:00pm ~~ \$75 per child  
Go on a Wicked Cool Frozen Science expedition! Make frozen slime, six-pointed snowflakes, and indoor snow! Grow cold crystals, make a spectacular density-based snow globe and warm-up by making your own homemade hand warmers! Classes will be held at the Academy Building in Cushing Memorial Park.



Home Alone Safety - Ages 8 – 11 yrs.

Thursday, March 3  
3:30pm – 5:30pm ~~ \$48 per child  
Class held at the Academy Bldg. at Cushing Memorial Park.



Horseback Riding Classes - Ages 2 – 16 yrs.

Our friends at 'Lil Folk Farm develop horsemanship skills through hands-on experiences. Whether it be their **Tiny Trotters Riding Program, February Vacation Riding Camp, or their Therapeutic Riding Lessons**, there is something for everyone. Have your child develop strength, confidence, and riding skills with their certified and experienced staff. For more information, and to register, please visit [www.lilfolkfarm.com](http://www.lilfolkfarm.com)



Soccer Clinic - Ages 5 – 13 yrs.

Tuesday, February 16 – Friday, February 19 (Vacation Week)  
9:00am - 12:00pm ~~ \$93 per child ~ Sponsored by Global Premier Soccer.  
Held at the Barbieri School Gym. Please use door #18.



*Pack a lunch! Supervision will be provided for those children who choose to attend both clinics!*

Athletic Games Clinic - Ages 5 – 13 yrs.

Tuesday, February 16 – Friday, February 19 (school break week)  
12:30pm – 3:00pm ~ \$93 per child  
Knucklebones Staff brings the fun with this unique class! Playing athletic games from all over the world such as Castle Ball, Gaga, Kinball, Capture the Flag Universe, and Guards. Traditional games such as Kickball and Basketball will also be played. Held at the Barbieri School Gym – please use school door #18.

Lifeguard Training - Ages 15+ yrs.

Saturdays, February 27 – April 16  
12:30 - 3:30pm ~~ \$280 per resident (\$305 non-residents)  
**Registration begins ONLINE Wednesday, February 3<sup>rd</sup> at 9:00am.**

My 1st First Aid Class - Ages 8 – 11 yrs.

Thursday, February 18 ~ 4:30pm – 6:30pm ~ \$48 per child  
Kids will learn simple & effective techniques to respond in an emergency. Class will be held at the Academy Bldg. at Cushing Memorial Park.



PAL Gym Schedule ~ Nov. 2015 - April 2016 - Grades 6 – 12

Mondays – 6-8pm - Grades 6-8 – Woodrow Wilson Gym  
Wednesdays – 7-9pm - Grades 9-12 – Danforth Gym  
Thursdays – 7-9pm - Grades 9-12 – Danforth Gym  
Fridays – 7-9pm - Grades 9-12 – Danforth Gym  
Sundays – 6-9pm - Grades 6-12 – Danforth Gym

Piano Lessons - Ages 6 – 9 yrs.

Saturdays, January 9 – 30 ~ OR ~ March 5 – 26  
9:00 – 9:50am – Introductory Class – Ages 6 & 7 ~~ \$102 per child  
10:00 – 10:50am – Introductory Class – Ages 8 & 9 ~~ \$102 per child  
Class will be held at Piano Pear, 1 Edgell Road, Suite 2, Framingham

Plastic Bricks and Motors Engineering Class - Wheels in Motion Session - Ages 6-8

Wednesdays, January 20 – March 2 (no class Feb. 17)  
4:30 – 5:30pm ~~ 6 classes ~ \$73 per child  
ATTENTION YOUNG ENGINEERS! Using LEGO educational products and our own unique Bricks 4 Kidz model plans, children will build a variety of wheeled models like a firetruck, Rescue Vehicle and more. Principals of engineering, architecture physics and more will be taught first hand. Class will be held at the Microsoft Store in the Natick Mall.

Skating Lessons - Ages 5 – 11 yrs.

Saturdays, January 9 – February 13 ~~ Loring Arena, Fountain Street.  
9:00 - 10:00am **OR** 10:00 - 11:00am ~~ \$43 per child (\$48 non-residents)  
**\* APPROVED SKATE HELMETS ARE REQUIRED FOR ALL SKATERS! \***  
Please contact the Parks & Recreation Office if you have any questions.

Ski & Snowboard Lessons at Nashoba Valley - Grades 4 – 12

Sundays, January 10 – February 14 ~~ 7:30am - 1:30pm (1 hr. lesson, 2 hour open ski)  
\$295 per child / includes transportation (plus \$110 extra for rentals)  
Transportation from Bowditch Field.

Swim Lessons - Ages 3 – 18 yrs.

Saturdays, February 27 – April 16 ~~ Keefe Tech Pool, Winter Street.  
\$43 per swimmer  
**Registration begins ONLINE Wednesday, February 3<sup>rd</sup> at 9:00am.**

Special Needs Swim Lessons - .Ages 4 – 18 yrs.

Saturdays, February 27 – April 16 ~~ Keefe Tech Pool, Winter Street.  
\$125 per swimmer (\$150 non-residents)  
One-on-one swim lessons for children with special needs. Based on Angelfish Therapy applications and techniques. **Only 6 spots available.**  
**Registration begins ONLINE Wednesday, February 3<sup>rd</sup> at 9:00am.**

Tennis Lessons - Ages 4 – 14 yrs.

Session I: Sundays, January 3 – February 7  
Session II: Sundays, Feb. 28 – April 10 (no class 3/27)  
2:30 – 3:15pm = Ages 4 & 5 \*\* 3:15 – 4:00 = Ages 6 & 7  
4:00 – 5:00pm = Ages 7 & 8 \*\* 5:00 – 6:00pm = Ages 8 - 10  
6:00 – 7:00pm = Ages 10 – 14  
\$78 per child ~ Classes held at the Longfellow Club in Wayland.

Wrestling - Grades 4 – 8

Tuesdays & Fridays, December 8 – February 9  
6:00 – 8:00pm ~~ \$63 per child  
Class held at the Framingham High School Back Gym.

FAMILY PROGRAMS

Adult & Family Day Trips

December 5<sup>th</sup> – NYC Shopping  
December 10<sup>th</sup> – Foxwoods  
May 18-20 – Atlantic City  
Detailed information available at the Recreation Office.

December 27<sup>th</sup>- Bright Lights  
February 3<sup>rd</sup> - Foxwoods

! Count the Canes !

December 1 – 18  
As you enter the foyer of the Parks & Recreation Office, you will see a huge jar of candy canes!! If you guess the correct amount in the jar, or are the closest, without guessing over, you will win a \$30 program voucher!!!

Public Swim

All Ages - at Keefe Tech. Pool - Through May 1, 2016 ~ \$4 per adult / \$2 per child  
(No public swim on the following dates; 12/5, 12/6, 1/30, 1/31, 2/13, 2/14 – Dates are subject to change without notice)  
Saturdays, 3:00-4:30pm \* Sundays, 2:00-3:30pm

Public Skate at Loring Arena

Ongoing Through – April 15, 2016 ~~ \$5 per adult/\$3 ages 12 and under  
Mondays – 10:00am-2:00pm \* Tues.- Fridays – 9:00am-Noon  
Saturdays & Sundays – 2:00pm-3:45pm

Stick Time: (Helmets Required!)

Tues.- Fri. – 12:00pm-2:00pm \* \$7 per person

Hours are subject to change during Holidays and school vacation weeks. Please call Loring Arena at 508-532-5950 or check [www.framinghamma.gov/index.aspx?NID=678](http://www.framinghamma.gov/index.aspx?NID=678) for more information

***\*\* SPECIAL NO SCHOOL / PUBLIC SKATE ICE TIME! \*\****  
***Friday, March 25<sup>th</sup> from 2:30 – 3:45pm \*\* \$3 per adult/\$2 ages 12 and under***  
***(skate rentals NOT available during this time)***

"Santa's Little Sports"

*Re-create* the Holiday Spirit with the Recreation Department. If you know a needy Framingham family with children between birth & 10 yrs. old, please call the Office at 508-532-5960. Names will be taken from November 3 – December 11, 2015. If you would like to donate a toy for a child (birth – 10 yrs.), please drop it off at the Recreation Office anytime until Dec. 11<sup>th</sup>. The Recreation Office (475 Union Ave.) is open Monday – Friday from 9:00am - 5:00pm.

ADULT PROGRAMS

Adult Pickleball

Ongoing Classes at The Longfellow Club in Wayland  
Please call 508-358-9675 to reserve a court or ask about lessons!

Cardio Tennis

Session I: Fridays, January 8 – February 12  
Session II: Fridays, March 4 – April 15 (no class 3/25)  
11:00am – 12:00pm ~~ \$78 per person  
Get your cardio in while hitting tennis balls to drills & fun, upbeat music! Classes held at the Longfellow Club in Wayland.

Framingham High School Fitness Center

Open Monday - Thursday from 6:00 - 8:00pm & Fridays 4:00 - 6:00pm  
\$20 per month / per person  
Don't get cabin fever - Stay in shape for the Winter! Take advantage of the strength-training and cardiovascular equipment at this wonderful facility. For more information, please contact Mike Bissanti at 508-782-7493.

Fused Glass Jewelry Making

Sunday, February 28 ~~ 1:00pm – 2:00pm ~~ \$40 per person  
Students will create a piece of jewelry by cutting, cleaning, and stacking glass. Students MUST be at least 14 yrs. old to participate, under 16 must be accompanied by an adult. Class held at Denault Studios, 55 Main Street, Maynard, MA 01754.

Glassblowing

Saturday, January 30<sup>th</sup> ~ **OR** ~ March 12<sup>th</sup> ~~ 7:00pm - 8:30pm ~~ \$40 per person  
Students will create clear glass ornaments or a bud vase and learn the process of manipulating glass by using a torch. Students MUST be at least 16 yrs. old to participate. Class held at Denault Studios, 55 Main Street, Maynard, MA 01754.

Heart Saver First Aid & CPR

Thursday, March 3 ~~ 6:00pm – 9:00pm ~~ \$73 per person  
American Heart Association Certificate – good for 2 years. First aid, Medical emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR/AED, & Pediatric CPR will be covered. Course meets the requirements of child-care providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Class will be held at the Academy Building at Cushing Mem. Park.

Open Gym Schedule ~ October 2015 – April 2016

Danforth Gym (Basketball Court) \*\* **\$2 per person**  
Tuesdays – 6:00 - 8:00pm \* Saturdays – 3:30 - 7:00pm \* Sundays – Noon - 3:00pm

Tennis Lessons

Session I: Sundays, January 3 – February 7  
Session II: Sundays, Feb. 28 – April 10 (no class 3/27)  
7:00-8:00pm (Beginner & Intermediate)  
\$78 per person ~ Classes held at the Longfellow Club in Wayland.

Yoga

WINTER SESSION: Mondays, January 4 – March 21 (no class 1/18 & 2/15)  
\$85 per adult (\$90 Non-Resident)  
SPRING SESSION: Mondays, April 4 – June 6 (no class 4/18 & 5/30)  
\$68 per adult (\$73 Non-Resident)  
6:00 - 7:00pm ~ Classes held at Brophy School gym. Please park at Door 11.

Zumba

Mondays & Wednesdays, November 30 – January 13<sup>th</sup> (no class 12/28 & 12/30)  
5:15 – 6:15pm ~~ \$60 per adult (\$65 Non-Resident)  
Class held in Nevins Hall in the Memorial Building, 150 Concord Street. Easy routines that will tone your body while burning calories. Class taught by Sylvia Melnick & Rosa Garcia and is sponsored by the Town of Framingham Human Resource Department.

SENIOR PROGRAMS

Senior Exercise

Ongoing Classes at the Callahan Center ~~ Tuesdays – 10:00 – 10:45am ~ No Fee!

Senior Swim

October – April 30, 2016 at Keefe Tech Pool  
Saturdays – 2:00 - 3:00pm ~ No Fee!  
(No swim on the following dates; 12/5, 1/30, 2/13 – Dates are subject to change without notice)

**\* ONLINE REGISTRATION BEGINS MONDAY, NOVEMBER 30<sup>th</sup> AT 9:00AM & WALK IN REGISTRATION BEGINS THURSDAY, DECEMBER 3<sup>rd</sup> AT THE RECREATION OFFICE (9am-5pm) \*\* UNLESS OTHERWISE NOTED \*\***



*The Town of Framingham values inclusion. When seen next to a program, this symbol notates that people with and without disabilities are welcome to register. The Town of Framingham intends to comply with the Americans with Disabilities Act. If you need a reasonable modification of policies, auxiliary aides, or services, please contact us at least two weeks before the event or as soon as possible. If necessary, parents or aides are welcome to attend with participants.*



***\*\* CLASSES ARE LIMITED AND BASED ON A FIRST COME FIRST SERVED BASIS \*\* ALL RECREATION PROGRAMS ARE NON-REFUNDABLE \*\****  
***Residents Register on first day of Registration, Non-Residents the next day if space available. On-line registration included. All services and fees are subject to change. Spanish & Portuguese translations available and provided by the Parks & Recreation Dept.***  
*For more information on any recreation program call: Dan Avery, Elaine Intze or Trisha Powell at 508-532-5960*  
~ Dedicated to Excellence in Public Service ~